



# Calendar of Events

## MARCH 2019



Monday	Tuesday	Wednesday	Thursday	Friday
9:15 Strch/SS \$ 10:30 Meditation 10:00 EnhanceFitness 11:00 Music Lessons \$ 11:30 All Levels Yoga \$* 12:00 Lunch D 	10:00 Beading \$ 12:00 Lunch D 1:00 Next Chapter 1:00 Tai Chi \$* 2:00 Ceramics Class \$ 2:30 Classical Music Appreciation	9:00 Knit & Crochet \$ 9:00 SilvSnkCllsic D/\$ 10:00 TECH TALK 11:00 <b>FREE</b> Hand Massage! 12:00 Lunch D 12:45 Bingo \$ 1:00 Men's Group	9:00 All Levels Yoga \$* 9:00 Knit & Crochet Beginners \$ 10:30 Meditation D 10:00 Weaving \$ 12:00 Lunch D 12:45 Bingo \$ 1:00 Sewing Circle D 1:00 Tai Chi \$*	9:30 SilvSnk Cllsic D/\$ 10:00 Recorder \$ 10:30 EnhanceFitness D 10:45 News & Views 11:00 Ukulele \$ 12:00 Lunch D 1:00 Pinochle/Bridge 1:00 Reaching Out Support Group

**EVERY DAY 8:30-5PM:** Fitness Ctr. (\$); Cards & Games/Pool; Computer Lab (Closed **WED** for **TAXES**); IPADS AVAILABLE!

<b>Key to Symbols:</b> \$ = Cost D = donation appreciated but <i>Optional</i> * = Next month's pymt. due by the 25th or pay drop in rate.		<b>Coming in APRIL:</b> *Easter Meal 4/18 *Spring (7 week) Quilting Workshop Begins *Wellness & Resource Fair w/Roxborough Hospital 4/26	Call or stop in to <b>REGISTER FOR HEALTHY STEPS WORKSHOP 3/26</b>	<b>1</b> 
<b>4</b>	<b>5</b> 10:30 Dept. of Revenue <b>TAX FREEZE</b> Workshop - are you eligible?	<b>6</b> 9-5 Tax Prep in Computer Lab 10:30 Mark Presents Come with questions! 1:00 Men's Group w/ Presentation by CLARIFI	<b>7</b> 10:30  Presents: Financial Smarts for Seniors 1:00 Tai Chi <b>is back!</b>	<b>8</b> 1-3 <b>TEA PARTY! Medication Review &amp; Tea Too!</b> 
<b>11</b>	<b>12</b> 10:00 Advisory Council Meeting	<b>13</b> 9-5 Tax Prep in Computer Lab  Last day to register for <b>St. Patty's Luncheon!</b>	<b>14</b>  10:00 <b>Healthy Patterns Sleep Study</b> Presentation by Penn Nursing 1:00 Tai Chi <b>is back!</b>	<b>15</b> 
<b>18</b> 	<b>19</b> 10:45 Lunch Bunch! Olive Garden	<b>20</b> 9-5 Tax Prep in Computer Lab 12:00 St. Patty's Day Luncheon with Mr. Ian Gallagher and an <b>IRISH SING-ALONG!</b>	<b>21</b> 1:00 Tai Chi <b>is back!</b>	<b>22</b>  Celebrate <b>March Birthdays</b> at lunch! 7:30 <b>OPEN TO THE COMMUNITY!</b> (& all ages!) Doctors Chamber Orchestra Concert Free! Bring a friend 
<b>25</b> 	<b>26</b> 9:30 - 2:30 <b>HEALTHY STEPS WORKSHOP!</b>  APPRISE - Medicare Consultations	<b>27</b> 9-5 Tax Prep in Computer Lab	<b>28</b> 1:00 JW Lit Lovers Book Club <i>Still Me</i> 1:00 Tai Chi <b>is back!</b>	<b>29</b>
<div style="border: 1px dashed red; padding: 5px; text-align: center;">           Gift Cards for Gold &amp; Lifetime Memberships will be distributed on <b>Thursday, March 28 &amp; Friday, March 29</b> from 9:30 to 12 in Lobby         </div>				